Table S1. Anthropometric changes according to categories of the unpenalized Programme National Nutrition Santé Guideline Score (PNNS-GS), n=1479

<table>
<thead>
<tr>
<th></th>
<th>Low PNNS-GS</th>
<th>Medium PNNS-GS</th>
<th>High PNNS-GS, ref.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>LSmean</td>
<td>95%-CI</td>
<td>p</td>
</tr>
<tr>
<td>6-year-weight-change (%)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Men (n=1029)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Model A(^5)</td>
<td>3.67</td>
<td>2.90; 4.43</td>
<td>0.0005</td>
</tr>
<tr>
<td>Model B(^6)</td>
<td>3.67</td>
<td>2.89; 4.45</td>
<td>0.001</td>
</tr>
<tr>
<td>Model C(^7)</td>
<td>3.85</td>
<td>3.05; 4.65</td>
<td>0.003</td>
</tr>
<tr>
<td><strong>Women (n=450)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Model A(^5)</td>
<td>2.12</td>
<td>-0.53; 4.77</td>
<td>0.6</td>
</tr>
<tr>
<td>Model B(^6)</td>
<td>2.15</td>
<td>-0.46; 4.76</td>
<td>0.6</td>
</tr>
<tr>
<td>Model C(^7,8)</td>
<td>2.35</td>
<td>-0.32; 5.02</td>
<td>0.6</td>
</tr>
</tbody>
</table>

6-year-change in WC (%)\(^9\)

<table>
<thead>
<tr>
<th></th>
<th>Low PNNS-GS</th>
<th>Medium PNNS-GS</th>
<th>High PNNS-GS, ref.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>LSmean</td>
<td>95%-CI</td>
<td>p</td>
</tr>
<tr>
<td><strong>Men (n=878)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Model A(^5)</td>
<td>1.85</td>
<td>0.85; 2.84</td>
<td>0.2</td>
</tr>
<tr>
<td>Model B(^6)</td>
<td>1.92</td>
<td>0.90; 2.93</td>
<td>0.1</td>
</tr>
<tr>
<td>Model C(^7)</td>
<td>2.23</td>
<td>1.20; 3.26</td>
<td>0.2</td>
</tr>
<tr>
<td><strong>Women (n=391)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Model A(^5)</td>
<td>1.44</td>
<td>-1.80; 4.69</td>
<td>0.6</td>
</tr>
<tr>
<td>Model B(^6)</td>
<td>1.74</td>
<td>-1.50; 4.99</td>
<td>0.7</td>
</tr>
<tr>
<td>Model C(^7,8)</td>
<td>1.89</td>
<td>-1.46; 5.23</td>
<td>0.7</td>
</tr>
</tbody>
</table>

SU.VI.MAX study, France, 1994-2002

Categories of the (unpenalized) PNNS-GS: Low: < 6 points; medium: ≥ 6 and < 9 points; high: ≥ 9 points.

1 Least-squares mean.
2 95%- confidence interval (corrected according to Dunnett).
3 T-test with Dunnett correction.
4 Overall F-test (analysis of variance and covariance model).
5 Unadjusted.
6 Adjusted for age, energy intake.
7 Model B + adjustment for supplementation group, number of dietary records, initial height, education level, smoking, menopausal status (women).
8 Presented for illustrative purposes, but to be interpreted with caution (high number of adjustment variables/ small number of women with a low PNNS-GS).
9 WC: waist circumference. Measures of WC at baseline and follow-up were only available for 878 male and 391 female participants.